



# WEBINAR

## Professional Development

### EVENT LOCATION

<https://militaryfamilieslearningnetwork.org/event/21759/>

### HOW TO JOIN

To join the webinar use the 'Event Location' link above and follow all directions within this site. The webinar is hosted by the All Partners Access Network (APAN), but will also be available through YouTube Live. By using APAN attendees will be able to participate with the presenter and other audience members. For a broadcast only webinar, participants have the option of connecting via YouTube Live.

### CE CREDIT & CERTIFICATES OF COMPLETION

The MFLN Nutrition and Wellness Team will be providing 1.0 CPEU for Registered Dietitians.

The MFLN Family Development Team anticipates being able to provide 1.0 CEU through the UT Austin Steve Hicks School of Social Work.

### PRESENTER

Dr. Barbara Fiese is a Clinical Developmental Psychologist whose research focuses on family factors that promote health and well-being in children. She is Professor and Director of the Family Resiliency Center at the University of Illinois at Urbana-Champaign.

# AUGUST 21, 2018 | 11<sup>AM</sup> Eastern

## The Power of Family Mealtimes: Strategies to Promote Health and Wellbeing

Many of us overlook the importance of family mealtimes. There are many reasons such as being overbooked, overscheduled, work, and traffic- the reasons are endless. There seem to be fewer and fewer occasions when the family can sit down together and enjoy a meal. The benefits of family mealtimes are numerous. Research has shown that children consume more nutritious meals, get better grades, and engage in less high-risk behavior. Tune in to this webinar to learn more about the benefits of family mealtimes, how they affect health and well-being, and tips on how to create a positive family mealtime experience even during the busiest times!

After participating in this webinar, attendees will be able to:

- Identify two strategies to make mealtimes healthier and of higher quality.
- Apply two strategies to their own mealtime routines.
- Counsel adult family members to improve their mealtimes to improve well-being.

\*This event is hosted by the MFLN Nutrition and Wellness & Family Development concentration areas.

# REGISTER TODAY!.....

